

Safe Sleeping for your infant

Practice the ABCs:

A: infants should sleep **ALONE**

B: infants should sleep on their **BACKS**

C: infants should sleep in a **CRIB**



Practicing safe sleep can prevent Sudden Infant Death Syndrome (SIDS), which is the leading cause of death for infants.

More Tips

- Make sure your baby's face is uncovered and remove all pillows from the crib.
- Make sure that the blanket is tucked around the mattress.
- Keep the bedroom at a temperature comfortable for an adult.
- Place your baby on a firm mattress. Make sure the crib is safety-approved with slats no greater than 2-3/8 inches apart.

Information gathered from:

Sleep in Infants (2-12 Months). (n.d.). Retrieved September 16, 2020, from <https://www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-in-infants>

Sudden infant death syndrome (SIDS). (2020, May 20). Retrieved September 16, 2020, from <https://www.mayoclinic.org/diseases-conditions/sudden-infant-death-syndrome/symptoms-causes/syc-20352800>

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